Assertive Community Treatment Programs



Assertive Community Treatment (ACT) services support adults living with complex and significant behavioral health needs. ACT is an Evidence Based Practice designed to promote recovery by helping people manage the symptoms of their behavioral health conditions.

In addition to treatment, ACT services also help clients build the skills they need to live successfully in the community, such as finding and keeping a job, maintaining stable housing, and developing strong social connections. Treatment and support are based on each person's individual needs.

Who is Eligible?

Adults living with a serious mental illness or co-occurring substance use condition who have difficulty handling daily activities and need more support that can't be met by less intensive programs.

ACT may be a good fit for those who have had:

- Past psychiatric hospitalization and emergency room visits
- Residential treatment
- Involvement with the criminal justice system
- Experience with homelessness
- Trouble engaging with traditional outpatient services

Learn More

To see if ACT services are right for you or a loved one, contact:

- Optum's Single Point of Access team by calling (800) 842-2652
  Monday-Friday, 8am-5pm, or
- Any of the ACT programs directly

For a complete list of ACT programs for adults and information on Wraparound services for children and youth, visit our website:
https://www.sandiegocounty.gov/content/sdc/bhs

Updated 7/22/26

Connect to Resources

Call 988 to connect to the **San Diego Access and Crisis Line** for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Assertive Community Treatment Programs

For more information, call Optum's Single Point of Access team at (800) 842-2652 during business hours, or contact any of the programs directly. Programs available by referral only are noted below.

Region & Neighborhood	Program	Address and Phone Number
North Central, Linda Vista	**Community Research Foundation – IMPACT**	1260 Morena Blvd, Suite 100, San Diego, CA 92110 Phone: (619) 398-0355
North Central, Serra Mesa	**TURN Behavioral Health Services (BHS) City Star**	8775 Aero Dr, San Diego, CA 92123 Phone: (858) 609-8742
North Central, Kearny Mesa	**Pathways Catalyst *** *Serving transition age youth ages 16-25*	3870 Murphy Canyon Rd, Suites 320 & 325, San Diego, CA 92123 Phone: (858) 300-0460
North Central, Mission Valley	**Telecare Assisted Outpatient Treatment (AOT) *** *By referral only*	1660 Hotel Circle North, Suite 101, San Diego, CA 92108 Phone: (619) 481-3840
North Central, Midway/Sports Arena	**Telecare La Luna ACT ***	3491 Kurtz St, Ste 150, San Diego, CA 92110 Phone: (619) 320-2404
North Central, Midway/Sports Arena	**Telecare Vida ACT** *By referral only*	3491 Kurtz St, Suite 150, San Diego, CA 92110 Phone: (619) 332-5830
North Central, Old Town	**Telecare Gateway to Recovery ***	3132 Jefferson St, San Diego, CA 92110 Phone: (619) 683-3100
North Central, Old Town	**Telecare Pathways to Recovery ***	3132 Jefferson St, San Diego, CA 92110 Phone: 683-3100
North Central, Midway/Sports Arena	**Telecare Behavioral Health Court *** *By referral only*	Temporary address: 3491 Kurtz St, Suite 150, San Diego, CA 92110 Phone: (619) 276-1176
North Coastal, Oceanside	**TURN BHS North Coastal**	2122 El Camino Real, Suite 102, Oceanside, CA 92054 Phone: (760) 290-8170
North Inland, Escondido	**TURN BHS North Star**	474 W. Vermont Ave, Escondido, CA 92025 Phone: (760) 432-9884
North Inland, Escondido	**Telecare AOT and CARE Court *** *By referral only*	255 N. Elm St, Suite 203, Escondido, CA 92025 Phone: (619) 573-4245
South, Chula Vista	**Community Research Foundation – South Bay IMPACT**	855 3rd Ave, Suite 1110, Chula Vista, CA 91911 Phone: (619) 934-5770
East, Santee	**TURN BHS ACTION East**	10201 Mission Gorge Rd, Suite O, Santee, CA 92071 Phone: (619) 383-6868
Central, Downtown San Diego	**Community Research Foundation – Downtown IMPACT**	995 Gateway Center Way, Suite 300, San Diego, CA 92102 Phone: (619) 398-2156
Central, Downtown San Diego	**Community Research Foundation – Senior IMPACT** *Serving ages 60+*	928 Broadway, San Diego, CA 92101 Phone: (619) 977-3716
Central, Mission Valley	**TURN BHS ACTION Central**	1011 Camino Del Rio S, Suite 300, San Diego, CA 92108 Phone: (619) 287-8225
Central, City Heights	**TURN BHS Center Star**	4283 El Cajon Blvd, San Diego, CA 92105 Phone: (619) 521-1743

*** Serves countywide**